

# Reserve Component Physical Training Program

## Physical Training Schedule, 3-days per week

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>New Runners Start Here</b>					
<b>1</b>	Warm-up Walk 4 min / Run 2 min x 5 reps Cool-down		Warm-up Walk 4 min / Run 2 min x 5 reps Cool-down		Warm-up Walk 4 min / Run 2 min x 5 reps Cool-down
<b>2</b>	Warm-up Walk 3 min / Run 3 min x 5 reps Cool-down		Warm-up Walk 3 min / Run 3 min x 5 reps Cool-down		Warm-up Walk 3 min / Run 3 min x 5 reps Cool-down
<b>3</b>	Warm-up Walk 2 min / Run 4 min x 5 reps Cool-down		Warm-up Walk 2 min / Run 4 min x 5 reps Cool-down		Warm-up Walk 2 min / Run 4 min x 5 reps Cool-down
<b>4</b>	Warm-up Walk 1 min / Run 5 min x 5 reps Cool-down		Warm-up Walk 1 min / Run 5 min x 5 reps Cool-down		Warm-up Walk 1 min / Run 5 min x 5 reps Cool-down
<b>Current Runners Start Here</b>					
<b>5</b>	Warm-up 1) CD 1 (5 reps) 2) CD 2 (30 sec) 3) Run (15 min) Cool-down		Warm-up 1) CD 1 (5 reps) 2) CD 2 (30 sec) 3) Run (15 min) Cool-down		Warm-up 1) CD 1 (5 reps) 2) CD 2 (30 sec) 3) Run (15 min) Cool-down
<b>6</b>	Warm-up 1) CD 1 (6 reps) 2) CD 2 (40 sec) 3) Run (16.5 min) Cool-down		Warm-up 1) CD 1 (6 reps) 2) CD 2 (40 sec) 3) Intervals (5 reps) Cool-down		Warm-up 1) CD 1 (6 reps) 2) CD 2 (40 sec) 3) Run (16.5 min) Cool-down
<b>7</b>	Warm-up 1) CD 1 (6 reps) 2) CD 2 (40 sec) 3) Run (18 min) Cool-down		Warm-up 1) CD 1 (6 reps) 2) CD 2 (40 sec) 3) Intervals (5 reps) Cool-down		Warm-up 1) CD 1 (6 reps) 2) CD 2 (40 sec) 3) Run (18 min) Cool-down
<b>8</b>	Warm-up 1) CD 1 (7 reps) 2) CD 2 (50 sec) 3) Run (19.5 min) Cool-down		Warm-up 1) CD 1 (7 reps) 2) CD 2 (50 sec) 3) Intervals (6 reps) Cool-down		Warm-up 1) CD 1 (7 reps) 2) CD 2 (50 sec) 3) Run (19.5 min) Cool-down

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<b>9</b>	Warm-up 1) CD 1 (7 reps) 2) CD 2 (50 sec) 3) Run (21 min) Cool-down		Warm-up 1) CD 1 (7 reps) 2) CD 2 (50 sec) 3) Run (21 min) Cool-down		Warm-up 1) CD 1 (7 reps) 2) CD 2 (50 sec) 3) Intervals (6 reps) Cool-down
<b>10</b>	Warm-up 1) CD 1 (8 reps) 2) CD 2 (60 sec) 3) Run (23 min) Cool-down		Warm-up 1) CD 1 (8 reps) 2) CD 2 (60 sec) 3) Intervals (7 reps) Cool-down		Warm-up 1) CD 1 (8 reps) 2) CD 2 (60 sec) 3) Run (23 min) Cool-down
<b>11</b>	Warm-up 1) CD 1 (9 reps) 2) CD 2 (60 sec) 3) Run (25 min) Cool-down		Warm-up 1) CD 1 (9 reps) 2) CD 2 (60 sec) 3) Run (25 min) Cool-down		Warm-up 1) CD 1 (9 reps) 2) CD 2 (60 sec) 3) Intervals (7 reps) Cool-down
<b>12</b>	Warm-up 1) CD 1 (10 reps) 2) CD 2 (60 sec) 3) Run (25 min) Cool-down		Warm-up 1) CD 1 (10 reps) 2) CD 2 (60 sec) 3) Intervals (8 reps) Cool-down		Warm-up 1) CD 1 (10 reps) 2) CD 2 (60 sec) 3) Run (25 min) Cool-down